

IF YOU ARE A
WOMAN
IN HER MIDDLE
YEARS,
HERE ARE SOME
SECRET REMEDIES
YOU
NEED TO KNOW.

Remember when your
mother used to say
“Just drink this—it’s
good for you”?

Well, we’d like to add a few things to it.

Call the Texas Department of Health
at **1-800-242-3399** or check our
website at www.tdh@state.tx.us



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SOME THINGS THAT CAN KEEP YOU FEELING YOUNG, ENERGETIC AND BEAUTIFUL:

- > **MAKE** sure you're consuming 1,000 mg. of calcium a day before menopause. After menopause or after a hysterectomy, a woman should consume 1,500 mg. of calcium a day from her diet or supplements. (Calcium levels: 3 oz. salmon - 203 mg.; 1/2 cup tofu - 434 mg.; 1 cup broccoli - 136 mg.)
- > **GET** enough vitamin D (400-600 IU), which helps your body use calcium. Taking multivitamins, being in the sun about 5 to 15 minutes a week or drinking vitamin D fortified milk will provide enough vitamin D.
- > **DO** weight-bearing exercise such as walking, jogging, gardening or dancing for 30-40 minutes at least three times a week.
- > **DON'T** smoke. Limit use of alcohol and caffeine because they take calcium away from your bones.
- > **CHECK** with your doctor about estrogen replacement therapy or alternatives.



Get cooking with calcium.

You can get a lot of great calcium in the foods you eat. Some good sources of calcium are bok choy, salmon, broccoli, kale, shrimp, tofu and soy products, calcium-fortified orange juice, oatmeal, yogurt, cheese, skim milk, cottage cheese and ice cream.

A CHANGE IN LIFE IS NATURAL. WEAK BONES ARE NOT.

Just as there are stages in life like childhood, adolescence and child-bearing years, there is a time in every woman's life when she goes through the change of life, menopause.

One of the biggest changes brought on by menopause is the change it produces in your bone strength and mass. Because your body is producing less of the hormone, estrogen, which strengthens your bones, they gradually lose mass.

MAKE CHANGE POSITIVE.

When this loss is very severe and causes bones to become weak and fragile, it may result in a disease called osteoporosis. This disease can also cause a stooped back. *And, while osteoporosis is not a natural part of aging, it is a condition that is more common in some groups, such as Asian women.*

Osteoporosis is a silent killer, since there are no symptoms. The good news is you can help prevent it. So talk to your doctor. Take the steps you need to keep your bones strong and move with grace and agility well into old age.

Want more tips on staying young, eating right and keeping your bones strong as you mature? Call the Texas Department of Health at [1-800-242-3399](tel:1-800-242-3399) or check our website at www.tdh@state.tx.us



THE SECRET TO TAKING CARE OF YOUR FAMILY IS TAKING CARE OF YOURSELF.

You are loved and appreciated by your family and friends. And you love taking care of them. To do that, you must take good care of yourself. If you have any questions, the Texas Department of Health will answer them and provide you with written information.